



"SWEET"
dreams
come true

Recipes you'll relish!

FOREWORD

The following recipes are from the tested results obtained with **PURE ALBERTA SUGAR**, by some of Western Canada's leading dieticians, and contributed by such authorities as:

CAROLINE B. KING, Sugar Institute of America.

HESPERIA LEE AYLESWORTH, B.Sc.,
Calgary, Home Service Director,
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MRS. N. HAMPTON, Saskatoon and Regina.

MRS. WM. WALLACE WILSON, Dietician,
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MRS. W. J. THORNE, Preserves Prize Winner,
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And others.

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Hints for Successful Preserving

Thoroughly sterilize jars, covers and rubbers. Do not think because they have been washed and scalded, that they are properly prepared; hundreds of jars of fruit are lost every year by not having jars, covers and rubbers thoroughly sterilized. You should also sterilize all utensils, spoons, cups, forks, etc.

When buying jars examine every one. Take off the top and run your finger around the edge; if the smallest crack or broken place is found—if the jar or cover is imperfect in any way, it should be rejected.

Be sure the rubbers are of a good quality; many times fruit is either spoiled or the flavor destroyed by using inferior rubbers.

SYRUPS for use in canning are made by boiling Alberta Sugar with pure water. The syrup should be boiled until it appears clear and transparent.

Two measures of Alberta Sugar to one of water makes a rich syrup. The density of the syrup may be easily increased or diminished, according to taste, by regulating the amount of sugar and water.

For preserving cherries, strawberries, etc., a syrup of 40 degrees density is used. For preserving currants, peaches, plums, quinces, etc., a syrup of 24 degrees to 32 degrees density is used.

For canning blackberries, cherries, peaches, pears, plums and raspberries, a syrup of 14 degrees to 17 degrees density is used.

1 pint of sugar to 1 gill of water makes a syrup of 40 degrees density.

1 pint of sugar to $\frac{1}{2}$ pint of water makes a syrup of 32 degrees density.

1 pint of sugar to 1 pint of water makes a syrup of 24 degrees density.

1 pint of sugar to $1\frac{1}{2}$ pints of water makes a syrup of 17 degrees density.

1 pint of sugar to 2 pints of water makes a syrup of 14 degrees density.

Unusual Preserves with Alberta Sugar

TART APPLES

Peel and quarter firm apples, throwing them into cold water as you do so. Weigh the fruit and allow two pounds of Alberta Granulated Sugar to eight pounds of apples. Put the apples into a preserving kettle. Pour over them barely enough cold water to cover them, and let them cook gently until tender. While these are cooking make a syrup by mixing the sugar with water (allowing a cupful of water to each pound of sugar) and bringing to a boil. Cook for four minutes, then lift the tender apples from the water. Lay them gently in the syrup, simmer for a minute and while very hot put into jars. Seal immediately.

RED CURRANT MARMALADE

Squeeze some ripe red currants through a coarse muslin. To every pint of juice put a pound of Alberta Sugar. Boil it very well. When nicely boiled to a jelly, have some nice, even clusters of large white currants, nicely picked. Throw them in and boil five minutes. This will turn out stiff and transparent and will keep indefinitely.

—Above by Mrs. N. Hampton, Regina, Sask.

ORANGE MARMALADE

One dozen oranges, 6 bitter, 6 sweet, 3 lemons, take off rind from the 6 sweet oranges, cut away the pithy part and slice the remainder of the rind as thin as possible. Then cut the 6 bitter oranges and the 3 lemons in pieces and add the pulp of the 6 sweet oranges and put all of this with the exception of the thinly sliced rind before referred to, into a muslin bag and place bag in a pan with the cut rind in it. Add seven pints of water and let stand until morning, next day boil until rind is soft. Take out bag, press and drain and boil for ten minutes. Measure juice and rind and add $\frac{3}{4}$ pound of Alberta Granulated Sugar to each pint of juice. Boil only long enough to be sure it jells, about 3 minutes. Heat sugar before adding to liquid.

GRAPE FRUIT MARMALADE

One orange, one lemon, one grape fruit. Cut all up and measure pulp and juice. Cover with twice as much water and set aside until next day. Boil until skin is soft, then after measuring pulp and juice, add Alberta Granulated Sugar — $\frac{3}{4}$ of a pound to a pint of the pulp and juice and boil to desired thickness. Heat sugar slightly before adding to mixture.

—Above by Mrs. Wm. W. Wilson.

CHERRIES (BINGS)

Wash and pack in sterilized jars. Make syrup, 2 cups of Alberta Sugar to 3 cups of water. Fill jars to overflowing. Put on tops partly tightened and sterilize for 15 minutes. Remove and tighten tops.

PEARS

Pare, cut in halves or quarters. Remove core. Fill sterilized jars. Two cups of Alberta Sugar and 3 cups of water. Fill jars to overflowing. Put on lids and partly tighten. Sterilize 20 minutes. Remove and tighten tops.

RASPBERRIES

Pick over and wash fruit. Pack in sterilized jars, closely as possible without crushing. Fill to overflowing with syrup. Two cups of Alberta Sugar to 3 cups water. Sterilize 10 minutes. Remove and tighten tops.

PEACHES

Select firm fruit. Place in boiling water to blanch for 3 minutes. Take out and cold dip. Remove skins. Pack in sterilized jars, whole, halves or slices as preferred. Syrup: 2 cups of Alberta Sugar, 3 cups water. Fill jars to overflowing. Put on tops and partly tighten. Sterilize 15 minutes. Remove and tighten tops.

—Above by Mrs. W. J. Thorne

Jellies and Jams

It is generally supposed that jelly can be made out of all acid fruits, which is a great mistake. It is true one can make a thick syrup-like substance out of such fruit as strawberries, raspberries, blackberries, etc., but never a really satisfactory jelly.

Peaches and pears do not contain a sufficient amount of pectin to make the juice jell properly.

DIRECTIONS FOR JELLY MAKING

To make jelly successfully, fruits used must contain both pectin and acid, and should, therefore, not be too ripe, better slightly under ripe.

Wash fruit carefully removing blossom and any decay, bruised or damaged parts. If large, cut in pieces, but do not pare or remove core, as both skin and core contain much of the desired pectin and acid.

Place fruit in kettle, adding water to almost cover, bring to a boil and boil until fruit is soft. Drain through a bag, first wringing bag carefully out of boiling water. Do not squeeze while draining or jelly will be cloudy.

Heat Alberta Sugar using $\frac{3}{4}$ cup of Sugar to 1 cup of the fruit juice, for crabapples, sour apples or cranberries. Put 1 cup of the Sugar to 1 cup of juice for grapes, currants, etc.

Boil juice after straining for fifteen or twenty minutes before adding heated Sugar. After Sugar has been added, stir until it has been dissolved, boil for five minutes or until when tested it will jell. Remove scum, pour into hot sterilized glasses, before covering with hot paraffin and metal top to protect from dust and air.

BANANA AND PINEAPPLE JAM

- 2 cups crushed, well drained pineapple
- 2 cups crushed banana pulp
- $7\frac{1}{2}$ cups Alberta Sugar
- 1 cup liquid pectin

Measure fruit into a large kettle. Add the Sugar. Stir constantly while boiling. Boil hard for one minute. Remove from fire and stir in the pectin. Stir and skim by turns for 5 minutes. Pour quickly into sterilized jars.

—Above by Hesperia Lee Aylesworth, B.Sc.

CRABAPPLE JELLY

Use rich dark red crabapples, cut in quarters, leaving in cores. Put on with cold water and boil to a pulp, watching that it does not burn. Then strain and let settle until morning, then measure and for each cup of juice add three-quarters cup of Alberta Granulated Sugar. Add one lemon cut in large pieces. Boil syrup of apples for twenty minutes before adding the warmed sugar and from five to ten minutes after adding sugar. Put in glasses and seal when cold. Lemon should be removed before adding sugar as it is only used to clarify.

GRAPE JAM

Wash grapes and squeeze pulp from skin, putting each in a separate kettle. Put water with skins and cook until soft and also boil pulp until it is soft. Strain pulp through a colander to remove seeds. Then put skins and pulp together and add Alberta Granulated Sugar. Three-quarters of a pound of sugar to each pint of fruit, and boil until it thickens when a little is cooled on a saucer.

—Above by Mrs. Wm. W. Wilson.

APRICOT MARMALADE

Take off the peel of some large ripe apricots, cut them in two and remove the stones. Weigh the fruit and lay it on dishes. To every pound of apricots, put one pound of Alberta Sugar, strew it over the fruit and let it lie for one night. Next morning put the fruit and sugar into a preserving pan, with a teaspoonful or ratafia (almond) to every pound of fruit. Let the whole boil very gently, and as each piece of apricot appears clear, take it out and lay it in a jar. Skim off any scum that may arise on the syrup and when all the fruit is cooked, pour the syrup over it in the jars. If properly cooked, and the fine Alberta Sugar used, this marmalade will keep for years.

—Above by Mrs. N. Hampton, Regina, Sask.

STRAWBERRY JAM

Put in kettle 5 quarts washed strawberries and 5 lbs. Alberta Sugar. Mix with a spoon. Boil for 2 hours. Pack in sterilized jars.

LOGANBERRY JELLY

Mash in kettle, cover with water and put on to boil until soft and juicy. Strain through jelly bag. Add measure for measure with Alberta Sugar. Boil until it jells.

—Above by Mrs. W. J. Thorne.

Cakes, Puddings and Pies

SNOW WHIRL CHOCOLATE ROLL

6 tablespoons sifted cake flour	¼ teaspoon salt
6 tablespoons cocoa	¾ cup sifted Alberta Sugar
½ teaspoon baking powder	4 egg white, stiffly beaten
1 teaspoon vanilla	4 egg yolks, well beaten

Sift flour once, measure, add cocoa, baking powder and salt and sift together three times. Fold sugar into egg whites, a small amount at a time. Add egg yolks and vanilla. Fold in flour gradually. Pour into pan, 13½ inches by 8½ inches, lined with greased paper, and bake in a hot oven, 400° F. for 13 minutes. Turn out at once on cloth covered with powdered sugar. Remove paper. Quickly cut off crisp edges of cake. Spread seven-minute frosting over cake and roll. Wrap in cloth until cool. Cover with whipped cream or chocolate frosting.

—Above by Hesperia Lee Aylesworth, B.Sc.

ALBERTA SPONGE CAKE

1 cup, plus 2 tablespoons Alberta Sugar
1 cup sifted cake flour
½ cup water
6 egg whites, stiffly beaten with ¼ teaspoon salt
6 egg yolks
Grated rind of ½ lemon (1 teaspoon)
2 tablespoons lemon juice

Sift flour once, measure, and sift four more times. Boil sugar and water until a small amount of syrup forms a soft ball in cold water, or spins a long thread. Pour hot syrup in fine stream over beaten egg whites, beating constantly. Continue beating as mixture cools. Beat egg yolks until thick and lemon-colored; add lemon rind and juice and fold into syrup mixture. Fold in flour gradually. Pour into ungreased tube pan and bake in slow oven (325° F.) 55 to 60 minutes. Remove from oven and invert pan for 1 hour, or until cold.

SOUR CREAM CAKE

1 cup Alberta Sugar	½ teaspoon salt
1½ cups sifted cake flour	1 cup thin sour cream
½ teaspoon soda	2 eggs, well beaten
½ teaspoon baking powder	1 teaspoon vanilla

Sift flour once, measure, add soda, baking powder, and salt, and sift together three times. Beat cream until frothy, add sugar gradually; then add eggs and vanilla. Fold in flour, a small amount at a time. Beat after each addition until smooth. Bake in two greased 8-inch layer pans in moderate oven (350° F.) 25 minutes. When cool, spread Fudge Frosting between layers and on top and sides of cake.

PRUNE AND RICE WHIP

1 cup cooked prunes	$\frac{3}{4}$ cup cooked rice
3 egg whites	1 cup Alberta Sugar
	$\frac{1}{2}$ tablespoon lemon juice

Press cooked prunes through a sieve. Add sugar and cook five minutes. Should be of marmalade consistency. Beat egg whites until stiff, and fold in the prune mixture. Fold in rice. Pile lightly on a buttered baking dish and cook in a moderate oven (325° F.) for 20 minutes.

—Above by Hesperia Lee Aylesworth, B.Sc.

ORANGE PUMPKIN PIE

$1\frac{1}{2}$ cups cooked, strained pumpkin	Grated rind of 1 orange
$\frac{1}{2}$ cup Alberta Sugar	Juice of 1 orange
1 egg	2 teaspoons cornstarch
1 cup milk	$\frac{1}{2}$ teaspoon cinnamon
	$\frac{1}{2}$ teaspoon nutmeg

Blend milk and cornstarch and heat until slightly thickened. Pour over well-beaten eggs. Add to the other ingredients. Pour into a pastry lined pie pan. Bake at 450° F. for 15 minutes. Reset to 325° F. for 30 minutes.

—Above by Hesperia Lee Aylesworth, B.Sc.

TAPIOCA PRUNE PIE

$1\frac{1}{2}$ tablespoons tapioca	$2\frac{1}{2}$ cups cooked prunes, drained, seeded,
$\frac{1}{4}$ teaspoon salt	and halved
1-3 cup Alberta Sugar	$1\frac{1}{2}$ cups prune juice
	1 tablespoon lemon juice

Combine tapioca, salt, sugar, prunes, and fruit juices. Heat to boiling and remove from fire. Let stand about 15 minutes, or while pastry is being made. Line a 9-inch pie plate with pastry, rolled to $\frac{1}{8}$ -inch thickness. Fill with prune mixture, and arrange lettuce of pastry strips across top. Bake in hot oven (425° F.) 10 minutes, then decrease heat to moderate (350° F.) and bake 30 minutes longer. Cool. Serve with or without whipped cream.

WHIPPED CREAM PUDDING

$\frac{1}{2}$ lb. Alberta Sugar moistened with water; juice and rind of 2 oranges; juice and rind of two lemons; 2 ozs. butter, $\frac{1}{4}$ packet gelatine; 3 eggs; $\frac{1}{4}$ pint whipped cream; 2 whites of eggs, beaten stiff. Mix together moistened sugar, juice and rind of oranges and lemons, butter, gelatine and eggs and put in a saucepan and bring to a boil, stirring occasionally, then let cool and just as setting, stir in whipped cream and beaten egg whites. Put in mould and serve cold.

FOUNDATION FROSTING

[illegible]

UNCOOKED ORNAMENTAL FROSTING

COOKED ORNAMENTAL FROSTING

FRUIT FILLING AND ICING

RAISIN FROSTING

1	tablespoon chocolate	1/2	teaspoon nutmeg
1/2	teaspoon cinnamon, ground	1/2	teaspoon vanilla
1/2	teaspoon cloves, ground	1/2	cup of raisins (chopped)

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RASPBERRY ICING

Cream $\frac{1}{2}$ lb. of good butter, add $1\frac{3}{4}$ cups Alberta Icing Sugar, $\frac{1}{4}$ teaspoon salt, and 1 teaspoon lemon juice. Cream together thoroughly. Add a shake of cinnamon, 2 tablespoons of raspberry jam, one at a time, creaming thoroughly. Add another good shake of cinnamon, before placing all in a cool place to ripen for three or four hours, when mixture is ready for filling or icing any rich, white cake.

—Above by Mrs. Wm. W. Wilson.

SEVEN-MINUTE FROSTING

1 cup Alberta Granulated Sugar	1 egg white, beaten
$\frac{1}{2}$ teaspoon cream of tartar	$\frac{1}{4}$ cup cold water

Place all ingredients in top of double boiler. Place over boiling water, and beat with rotary beater for seven minutes. Allow to stand several minutes before spreading.

—Above by Hesperia Lee Aylesworth, B.Sc.

HUNGARIAN CHOCOLATE FROSTING

4 squares unsweetened chocolate, cut in pieces	2 eggs, well beaten
2 tablespoons hot water	1 cup Alberta Icing Sugar
	$\frac{1}{2}$ cup butter

Melt chocolate in double boiler. Add hot water, and blend. Add eggs and sugar. Remove from fire, but allow mixture to stand over hot water, stirring constantly until it is slightly thickened (3 minutes). Cool quickly to luke warm. Add butter, 2 tablespoons at a time, stirring and blending after each addition. Makes enough frosting to cover tops and sides of three 9-inch layers.

This frosting may be kept in refrigerator until needed. It can then be spread on cake layers that are very nearly cold. This will soften the frosting so that it will spread easily.

FUDGE FROSTING

2 squares unsweetened chocolate, cut in pieces	Dash of salt
2-3 cup milk	2 tablespoons light corn syrup
2 cups Alberta Sugar	2 tablespoons butter
	1 teaspoon vanilla

Add chocolate to milk and place over low flame. Cook until mixture is smooth and blended, stirring constantly. Add sugar, salt and corn syrup, and stir until sugar is dissolved and mixture boils. Continue cooking, without stirring, at 232 degrees F., until a small amount of mixture forms a very soft ball in cold water. Remove from fire. Add butter and vanilla. Cool to lukewarm (110 degrees F.). Beat until of right consistency to spread. Makes enough frosting to cover top and sides of two 9-inch layers.

—Above by Mrs. N. Hampton, Regina, Sask.

ORANGE FROSTING

Grated rind and juice of 1 orange	2 cups Alberta Icing sugar, sifted
1 teaspoon lemon juice	with $\frac{1}{8}$ teaspoon salt
3 tablespoons butter	1 egg yolk, slightly beaten

Add rind to fruit juices and let stand 15 minutes; strain. Cream butter until very soft. Add sugar gradually, and blend thoroughly. Pour fruit juices slowly over egg yolk; then add to creamed mixture gradually, and beat until light and fluffy. Spread on White Cake.

BOILED ICING

Beat the white of one egg to a stiff froth; boil cup of Alberta Granulated Sugar with four tablespoonfuls of water until it threads when dropped from spoon; pour in fine stream, while boiling hot, into the beaten egg, stirring briskly all the time; continue stirring the mixture 'round and 'round, never stopping until icing is thick; flavor to suit taste.

—By Mrs. N. Hampton, Saskatoon and Regina.

CHOCOLATE FUDGE ICING

Place 2 squares chocolate grated into $1\frac{1}{2}$ cups boiling water; allow to dissolve; add 3 cups Alberta Sugar, which is stirred until dissolved. Boil until a soft ball forms. Pour into a greased platter to cool; add 2 level tablespoons butter and work until smooth.

—Above by Mrs. Wm. W. Wilson.

MAPLE CREAM ICING

2 cups Alberta Sugar	Vanilla and maple flavoring
$\frac{3}{4}$ cup rich cream	Alberta Icing Sugar
2 level tablespoonfuls butter	

Boil Alberta Sugar, cream and butter until it reaches fairly thick syrup, perhaps 220° F. Remove from fire and add 1 teaspoon vanilla and maple flavoring, and sufficient Alberta Icing Sugar to make the proper consistency to spread, creaming thoroughly and having a care not to spread on cool cake.

Candies and Confections

FRENCH FONDANT — BOILED

4 cups Alberta Granulated Sugar 1 cup corn syrup
1 cup water $\frac{3}{4}$ teaspoon salt

Boil without stirring or pushing to 230 degrees, or soft ball when tested in cold water. Pour out on a large platter which has been sprinkled with water. Let stand to blood heat. Then cream to consistency of lard. Cover with wax paper and cloth wrung out of cold water and let stand 24 hours to mellow.

FRENCH CREAM FONDANT — UNBOILED

1 egg white 1 tablespoon cream
 $\frac{1}{2}$ teaspoon vanilla

Mix above ingredients thoroughly. Add enough Alberta Icing Sugar to form a mixture sufficiently stiff to mold.

MILK FONDANT

4 cups Alberta Granulated Sugar 1 cup corn syrup
1 cup fresh milk 1 teaspoon salt

Boil to 230 degrees, or a soft ball, and treat as French Fondant.

NOTE:— $\frac{1}{4}$ cup of butter may be added to this formula if a richer fondant is desired.

DIRECTIONS FOR DIPPING BONBONS

Prepare French Fondant. Place it in a china bowl. Put the bowl in a pan of boiling water, and melt the fondant. Have ready the fondant shapes, and dip them in the melted mixture. The melted fondant must be kept in warm water, or it will not remain in a sufficiently liquid state to enable you to do the dipping. Two coats are sometimes necessary and preferable.

BITTER-SWEET CHOCOLATE CREAMS

Place four or more squares of unsweetened chocolate in a small china bowl. Place the bowl in a pan of boiling water, and allow the chocolate to melt. The fondant is formed into desired shapes and allowed to stand for several hours. With a silver fork drop the fondant into the melted chocolate. When nicely covered on all sides remove to a piece of waxed paper, and, by allowing chocolate to drip from end of fork directly across the center of the top, you form the line which is significant of "hand-dipped." One coating of chocolate is usually sufficient.

—Above by Mrs. Wm. W. Wilson.

HONEY CANDY

2 cups Alberta Sugar $\frac{1}{2}$ cup cream
 $\frac{1}{4}$ cup honey $\frac{1}{4}$ cup butter

Boil until it forms a soft ball in cold water. Beat until creamy. Pour onto buttered pan, and cut in squares when cold, or drop from teaspoon onto greased pan.

—Above by Hesperia Lee Aylesworth, B.Sc.

DIVINITY

2 cups Alberta Sugar 1 cup chopped nuts
 $\frac{1}{2}$ cup hot water $\frac{1}{2}$ cup of corn syrup
White of 1 egg

Boil the sugar, syrup and water together until it forms a solid ball in cold water. Pour the hot syrup very slowly over the whites (beaten stiff), and beat until thick enough to spread. When cool cut into squares; or it may be dropped from the spoon on to oil paper. $\frac{1}{2}$ cup fruits or cocoanut may be added if desired.

COCOANUT BARS

2 cups Alberta Sugar 1 teaspoon syrup
 $\frac{1}{2}$ cup milk $\frac{1}{2}$ cup butter
 $\frac{1}{4}$ teaspoon cream tartar

Cook until it forms a firm ball in cold water; remove from the fire and let it cool; when cool, add 1 teaspoon almond extract and 1 cup cocoanut; beat until creamy, then mold and cut into bars.

PEANUT BRITTLE

Four cups of sugar, Alberta Granulated, 1 cup Lily White Syrup, 4 cups of raw peanuts, 1 tablespoon of butter, 1 teaspoon and a half of salt, $\frac{1}{2}$ cup water. Put all together into kettle and boil to 290 degrees, or until cracks when tried in cold water. Remove from stove at once, and add $1\frac{1}{2}$ teaspoons baking soda, push gently and pour out on a well-buttered slab and mark immediately.

CHOCOLATE CHIPS

One-quarter cup best butter, 1 cup Lily White Syrup or glucose, 4 cups Alberta Granulated Sugar, $\frac{1}{4}$ teaspoon salt. Put all together into kettle and boil to 290 degrees, or crack when tried in cold water. Remove from stove and add one teaspoon soda. Push gently and pour on well-buttered slab. Mark immediately in oblong pieces, and, when cold, dip in bitter-sweet chocolate.

—Above by Mrs. Wm. W. Wilson.

VICTORIA BRITTLE

Two cups Alberta Granulated Sugar, $\frac{1}{8}$ lb. of best butter, $\frac{1}{8}$ cup of almonds, $\frac{1}{2}$ cup of Lily White Syrup, $\frac{1}{2}$ teaspoon of salt. Put all together into a kettle, and boil to 282 degrees, or crack when tried in cold water. Remove from stove and add 1 teaspoon of soda. Push gently (do not stir) and pour out on a well-buttered slab and mark immediately.

CARAMEL

Two cups of Alberta Granulated Sugar, $\frac{1}{4}$ cup of water, $\frac{1}{8}$ cup best butter, $\frac{3}{4}$ cup Lily White Syrup, $\frac{1}{2}$ can of Eagle Brand condensed milk, $\frac{1}{2}$ teaspoon salt. Cook to 234 degrees and pour into a well-buttered pan. In boiling caramel especial care must be taken to keep the mass moving on the bottom of pan by a gentle motion known as "pushing." Do not stir.

COCOANUT FUDGE

Six cups Alberta Granulated Sugar, $\frac{1}{2}$ cup glucose or Lily White Syrup, 1 pint table cream, 3 teaspoons salt. Cook to 232 degrees. Pour out on slab, and add macaroon or coconut and treat as any fudge.

COCOANUT ORANGE SLICES

3 cups Alberta Sugar
1 cup milk
2 tablespoons light corn syrup

3 tablespoons butter
1 lb. shredded cocoanut
 $\frac{1}{2}$ teaspoons grated orange rind

Combine sugar, milk, corn syrup, butter, and cocoanut, and cook until a small amount of syrup forms a soft ball in water (236 degrees F.), stirring occasionally. Cool to lukewarm (110 degrees F.), add orange rind, and beat until thick and creamy. Turn out on greased surface, knead until smooth, and shape into narrow loaves. Roll in additional orange rind and cocoanut. Serve in slices. Makes 2 loaves.

—By Mrs. Wm. W. Wilson.

CANDIED FRUITS

Various fruits may be candied or crystallized by putting them for a few hours in scalding hot syrup, made with three pounds and a half of Alberta Sugar, boiled for a few minutes in one pint of orange flower water, or rose water. The fruits should be steeped in this hot syrup for three hours, then strained, and put into a warm oven with the door open. This will dry the remaining moisture and the sugar will crystalize around the fruit. Any fruits are delicious done this way, and will keep in glass jars for years.

—Above by Mrs. N. Hampton, Regina, Sask.

Vegetables

VEGETABLES TASTE BETTER SEASONED WITH ALBERTA SUGAR

The following recipes submitted by Caroline B. King, Sugar
Institute of America, Inc.

CANDIED CARROTS

Cook carrots in boiling water to which a tablespoonful of sugar has been added until partly tender. If carrots are large, cut in three slices, small carrots, cut in half, then place in a baking dish and sprinkle the carrots with salt, pepper and Alberta Sugar. Dot generously with butter. Bake until nicely browned.

CORN PUDDING

Use either fresh or canned corn—to two cupfuls of corn, add one canned pimento and one small green pepper, shredded coarsely, half a small onion grated, two well-beaten eggs, 2 tablespoonfuls of Alberta Sugar, 1 teaspoonful of salt, $\frac{1}{4}$ teaspoonful of pepper and paprika, 2 tablespoonfuls of flour and 1 teaspoonful of baking powder and 1 cupful of milk. Mix all the ingredients together, add 2 tablespoonfuls of melted butter, turn into a well-buttered casserole and bake covered in a moderate oven half an hour. Then remove the cover and delicately brown.

SWEET POTATOES AND PINEAPPLE

Parboil the potatoes; peel and, if very large potatoes, cut in one-inch slices and place on a slice of pineapple. If the sweet potatoes are small or of medium size, they can be cut in halves, and each half placed on a slice of pineapple. Place the pineapple slices in a shallow baking pan, dot with butter, sprinkle generously with Alberta Sugar and bake in a moderate oven for fifteen minutes.

GLAZED SWEET POTATOES

Cook six medium-sized sweet potatoes. When cool, peel and cut them in halves lengthwise. Place in a buttered baking dish and pour over them a syrup made of $\frac{1}{4}$ cupful of water, $\frac{1}{2}$ cupful of Alberta Sugar, and 2 tablespoonfuls of butter. Baste frequently with the syrup while baking, and bake until the sweet potatoes are tender and golden brown.

SCALLOPED SWEET POTATOES AND APPLES

Parboil four medium-sized sweet potatoes. Cool and peel. Cut the potatoes in slices and peel and slice four sour apples. Place the sweet potatoes and apples in alternate layers in a buttered baking dish, dot each layer with butter and sprinkle plentifully with Alberta Sugar, add $\frac{1}{4}$ cupful of water. Place bread crumbs over the top layer and bake until the apples and sweet potatoes are tender.

GLAZED ONIONS

Peel and prick medium-sized silver skin onions through the centers to prevent breaking while cooking. Place in boiling, salted water to which a tablespoonful of sugar to a quart of water added, and simmer until tender, and drain. For a quart of onions, melt 2 tablespoonfuls of butter in a pan. Add 2 tablespoonfuls of Alberta Granulated Sugar. Cook to the bubbling stage. Then add the onions, and stir until they are well glazed.

STEWED TOMATOES

Peel and slice 6 ripe tomatoes. Add a few slices of onion cut fine (if desired). Put on to stew, and when nearly done add a lump of butter, 1-3 teaspoonful of salt, a dash of pepper, 2 tablespoonfuls of Alberta Sugar, and 1 tablespoonful of bread crumbs. Cook 10 minutes and serve.

BANANAS BAKED IN CRANBERRY JUICE

Cook a pint of cranberries in a cupful of cold water for ten minutes, then press through a sieve. Peel, scrape and halve 6 bananas lengthwise, and squeeze the juice of half a lemon over them. Add one to one and a half cupfuls of Alberta Sugar to the hot cranberry juice. Stir well and pour over the bananas. Place in a hot oven, and bake until the bananas are tender. Serve cold.

GREEN TOMATO SWEETMEATS

Slice 4 pounds of green tomatoes, removing as many of the seeds as possible; then scald the tomatoes for just a moment. Drain well and chop fine. Slice and remove the seeds from 4 lemons. Cover with cold water, and simmer till tender. Chop finely, and add one pound of chopped, seeded raisins. Cut $\frac{1}{2}$ pound of crystallized ginger in small pieces. Mix all the ingredients together, and add a few pieces of stick cinnamon. Add 4 pounds of Alberta Granulated Sugar, and let stand over night. Simmer slowly until thick. Remove the cinnamon and place in jars.

CARROT CHIPS

Scrape the carrots and cut them in thin slices, allowing one pound of Alberta Sugar to each pound of carrots; also half a cupful of lemon juice. Place the sliced carrots in layers in a preserving kettle, sprinkling each layer with Alberta Sugar. Pour the lemon juice over all and let marinate for 24 hours. Then add water to cover, and a few pieces of green ginger root, scraped and cut in thin slices. Simmer the carrot slices until tender, then set aside to cool. After four days, drain the syrup from the carrots and cook it slowly till very thick. Place the carrots in jars, pour the hot syrup over them, and seal when cool.

The Story of Alberta Sugar

Sugar has been manufactured in Alberta, from Sugar Beets, successfully, since 1925, and is, therefore, no experiment.

In the first place, Sugar is made in the field, not in the factory. There are over eight hundred farms growing Sugar Beets in Alberta. One of the highly bred and cultivated plants of the world is the foundation of this activity. The Sugar Beet has been studied and improved by Plant Breeders for nearly 200 years, and in that time it has been evolved from a plant weighing about 5 ounces, with about 8% sugar content, to one averaging better than 2 pounds, with sugar content averaging 16 to 20%. Some pedigreed strains even contain individuals which contain 25% sugar, one-fourth of their weight.

Sugar Beets are hoed crops; that is, they are grown in 22-inch rows. Planting is done in April or May. They are cultivated, on the average, five or six times by machinery, and hoed by hand about four times; including thinning to 12-inch spacing, in June. Beets are a subsoiler. They will increase the following grain yields thirty per cent, because they leave the fields clean, in good tilth, and their feeding roots, rotting in the soil, provide humus and aeration for the next crop. Beets need irrigated land as they require much moisture. The product of these beets, after the best modern methods of manufacture, is a pure, sweet crystal of Granulated or Icing Sugar. These sugars can be used for any purpose, where a Granulated or Icing Sugar is required. They are excellent for preserving, cooking, and table use.

The progress from Beets to Sugar is a most interesting process. Machinery of vast capacity and tremendous power is required. An investment of over \$1,500,000.00 has been made in Alberta, to perform the factory functions of extraction, purification, crystallization and storage. All this is needed to turn out sugars of such quality, that they cannot be surpassed. The entire process from Beets to Sugar takes about 30 hours' time, and employs 350 men for about 100 days each year.

A description of the brief history of two million or so Sugar Beets, sliced every working day in the Factory, follows: From the beet sheds, the beets are washed through a flume into the beet wheel, which spills the water and carries the beets into the washer. The washer removes the last foreign matter from the beets; so that the several sets of keen blades used may not get fouled or ruined beyond repair, while slicing the beets into long V-shaped pieces, or shoe strings. The diffusion battery now starts the actual "sugar-getting" process, using warm water to soak out the sugar. The slices are treated nearly an hour.

The carbonators give to the juices the principal purification process. Milk of Lime and Carbon Dioxide, from the lime kiln, do the trick. Filters follow up. When the sulphitators tackle the job with SO₂ gas, the product comes out much lighter in color, and with the alkalies neutralized. Evaporators, after purification, boil down the juice to a thicker syrup. Next we find a vacuum pan boiling syrups furiously, till all combine to start a colony of sugar crystals. Finally, the centrifugal whirlers give us the clean white crystals of Pure Alberta Sugar, which is then dried and sacked. Every step is safeguarded to ensure purity of product.

From the residue of the beets comes wet Beet Pulp, a splendid dairy and stock feed, but available only near the factory. The other by-product is Betalasses, a sugar syrup ration for all kinds of livestock, which is readily sold all over the Prairies, as it is a splendid succulent concentrate and fills a wide demand for stock tonic feed at a very low price.

BEET SUGAR IS CANE SUGAR — SUCROSE IS SUCROSE

The idea some people have gained—perhaps due to the newness of the beet sugar industry in this country—that Cane Sugar is different from Beet Sugar, is ridiculed by experts on the subject.

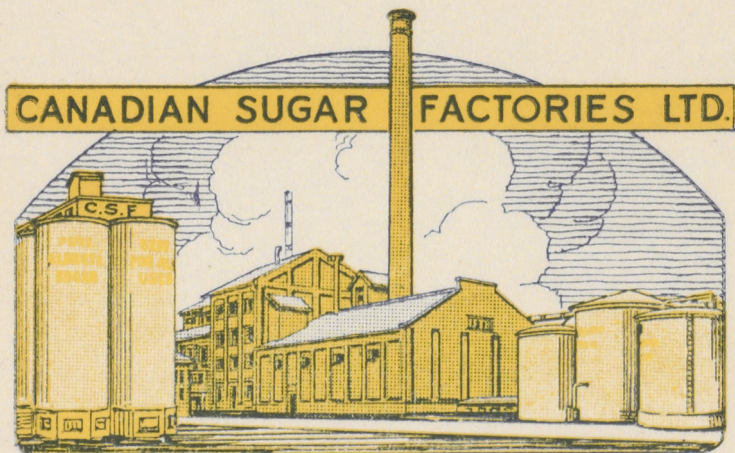
1. Beet Sugar is identical with Cane Sugar.
2. It will make jelly, preserves, cakes, candy, or do anything that any sugar will.
3. Refined Sugar, whether made from cane, beets, or any other Sucrose Forming Plant is the same chemically.
4. It is impossible to distinguish between Refined Beet and Refined Cane Sugar. Chemists cannot do it.
5. House-wives through the land often attribute their failure in putting up preserves to the use of Beet Sugar. They have the same trouble when Cane Sugar is used.
6. In Europe nothing but Beet Sugar is used, still they have all kinds of preserves; in fact, England, which has 18 Beet Sugar Factories, and where Beet and Cane Sugars are used without preference, is noted for these products.
7. About one-third of the world's sugar product is Beet Sugar, and no human being, nor science, can distinguish a difference.

Statement of O. C. Townsend, Pathologist in charge of Sugar Beet Investigation, U. S. Department of Agriculture.

"I will say, however, that Beet Sugar is always the same in composition, whether it is made in Utah, or in any other State, or in any other country. Furthermore, Beet Sugar has exactly the same composition as sugar made from Cane, when properly refined. The analysis, or composition of Beet or Cane Sugar is as follows:

12 parts Carbon; 22 parts Hydrogen; 11 parts Oxygen.

When these three elements are combined in the proportions indicated, the resulting compound is **Sucrose**, or Cane Sugar; Cane Sugar in this instance being used in trade to indicate all sugar of this composition."



RAYMOND, ALBERTA

Here the Sugar output of the Prairies is manufactured. The plant uses over 150,000 tons of beets, 25,000 tons of coal, 9,000 tons of lime rock, and the industry employs 2,000 workers.

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